

News

School Health and School Nurse Services

Iowa Department of Education

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Student Eye Care

The 2008 Iowa Legislature passed Iowa Code 280.7A STUDENT EYE CARE. Beginning July 1, 2009, the law requires:

- A parent or guardian who registers a child for kindergarten or a preschool program **shall** be given a student vision card provided by the Iowa optometric association with a goal of every child receiving an eye examination by age seven, as needed.
- School districts **may** encourage a student to receive an eye examination by a licensed ophthalmologist or optometrist prior to the student receiving special education services. The eye examination is not a requirement for a student to receive special education services. A parent or guardian **shall** be responsible for ensuring that a student receives an eye examination pursuant to this section.
- Area education agencies **shall** make every effort to provide, in collaboration with local community organizations, vision screening services to children ages two through four.

The Iowa Optometric Association is mailing green vision cards to your district for the 2009 incoming kindergarten and preschool children. You may also order cards at <http://www.iowaoptometry.org/#> (bottom of page click order green vision cards).

2009 Kindergarten Roundup Reminders:

Immunizations: The immunization requirements are updated to more accurately reflect the recommendations of the Advisory Committee on Immunization Practices (ACIP). Incoming Kindergartners required immunizations include a fifth dose of DTaP; a fourth dose of Polio; and a second dose of Varicella for those born on or after September 15, 2003, unless the applicant has a reliable history of natural disease. The new Certificate of Immunization Exemption allows medical professionals (MD, DO, PA, ARNP) to provide a medical exemption when administering a dose of live vaccine (e.g., varicella or MMR vaccine) would violate minimum interval spacing as recommended by the Advisory Council on Immunization Practices (ACIP); the new Provisional Certificate of Immunization includes the statement that the person signing the provisional certificate (MD, DO, nurse, or CMA) has informed the applicant, parent or guardian of the provisional enrollment requirements; the parent or guardian signature is no longer required on the Provisional Certificate of Immunization; at the end of the provisional enrollment period (60 days or less) if the student has not completed the required vaccines due to a minimum interval requirement a new Provisional Certificate of Immunization must be issued; the admitting official of the school or licensed child care center must maintain all Provisional Certificates of Immunization for that student until they are able to present a Certificate of Immunization; and the Release of Information section has been updated to allow release of immunization information from the school to the licensed child care center that the child attends and vice versa. Providers are to immediately begin using the revised Certificate of Immunization, Certificate of Immunization Exemption, and Provisional Certificate of Immunization. Existing completed certificates remain valid and do not need to be transferred to the new certificates. Copies of the new certificates are available at http://www.idph.state.ia.us/adper/immunization_products.asp and will soon be available for bulk order from the Health Protection Clearinghouse by ordering from the Web page or calling 888-398-9696. Reminder: **For preschool children**, Pneumococcal vaccine (Prevnar) is required. **Prevnar Chart Update:** A revised recommended doses chart to incorporate several commonly identified scenarios for children 24 months of age and older is available at http://www.idph.state.ia.us/adper/common/pdf/immunization/products/prevnar_chart.pdf. Please remember that Prevnar is not indicated for healthy children 5 years of age and older. Questions regarding Prevnar or changes the Iowa Immunization Law should be directed to the Immunization Program at 800-831-6293.

Dental: All children entering elementary and high school are required to have a dental screening. Information at http://www.idph.state.ia.us/hpcdp/oral_health_school_screening.asp

Lead: Children entering kindergarten need to have been tested for lead poisoning. A spreadsheet of kindergarteners is submitted to IDPH to check the data base for the test. Information at http://www.idph.state.ia.us/eh/lead_poisoning_prevention.asp

Healthy Kids Act 2008

Iowa Administrative Code notice of intended actions are available for comment. Three areas include physical activity, CPR, and nutrition requirements. Brief summaries follow. **Physical activity-** Physical activity” means any movement, manipulation, or exertion of the body that can lead to improved levels of physical fitness and quality of life. *Physical activity requirement.* Physically able pupils in kindergarten through grade five shall engage in physical activity for a minimum of 30 minutes each day of school and pupils in grades six through twelve shall engage in physical activity for a minimum of 120 minutes per week in which there are at least five days of school. This requirement may be met by pupils in grades six through twelve by participation in the following, which is not an exhaustive list: interscholastic athletics sponsored by the Iowa High School Athletic Association or Iowa Girls High School Athletic Union; school-sponsored marching band, show choir, dance, drill, cheer, or spirit activities; non-school gymnastics, dance, team sports, individual sports; or similar endeavors that involve movement, manipulation, or exertion of the body. *Non-school activities.* When the requirement is to be met in full or in part by a student using one or more non-school activities, the school or school district shall enter into a written agreement with the student. The agreement shall state the nature of the activity, the starting and ending dates of the activity, and shall provide sufficient information about the duration of time of the activity each week. The agreement shall also be signed by the building principal or principal’s designee and by at least one parent or guardian of the student if the student is a minor. The student shall sign the agreement, regardless of the age of the student. The agreement shall be effective no longer than one semester or the equivalent thereof. There is no limit to the number of agreements that a school or school district may have with any one student during the enrollment of the student. This requirement may be met by physical education classes, activities at recess or during class time, as well as before- or after-school. Schools and school districts must provide documentation that students are being provided with the support to complete the physical activity times. This documentation may be provided through printed schedules, district policies, student handbooks, and similar means. **CPR-Cardiopulmonary resuscitation course completion requirement.** At any time prior to the end of twelfth grade, every pupil physically able to do so shall have completed a psychomotor course that leads to certification in cardiopulmonary resuscitation. The course that leads to certification in may be taught during the school day by either a school or school district employee or by a volunteer, as long as the person is certified to teach a course that leads to certification in CPR. In addition, a school or school district shall accept certification from any nationally recognized course in cardiopulmonary resuscitation as evidence that this requirement has been met by a pupil. Not acceptable is auditing a CPR course or a course in infant CPR only. This is effective for the graduating class of 2011-2012. **Nutritional Content Standards, Other Foods and Beverages-** *“A la carte food sales”* means food offered for sale by the school as part of the school’s food service program during the time the reimbursable school breakfast or lunch is served and that is not part of the reimbursable breakfast or lunch. This regulates the nutritional content of food and beverages sold or provided on the school grounds of any school during the school day, including food and beverages sold via vending machines, food and beverages sold in a “school store” or sold or provided otherwise on school grounds on a regular basis, and food and beverages sold as *a la carte* items and does not regulate the nutritional content of food or beverages provided through a school breakfast program or school lunch program, sold for fundraising purposes, sold at concession stands, provided by parents, other volunteers, or students for class events, or provided by staff for the consumption by staff or students. The board of directors of a public school district or the authorities in charge of an accredited nonpublic school may, but are not required to, prescribe reasonable rules for their staff, volunteers, students, and parents, guardians, or custodians of students to adhere to regarding food and beverages provided on school grounds by staff, volunteers, students, and parents, guardians, or custodians of students. Specific nutritional content standards are listed in table of nutrient, a la carte entrees, and sides.

Proposed wording at

http://www.iowa.gov/educate/content/view/1531/index.php?option=com_content&task=view&id=75&Itemid=1

Notice of Intended Action Healthy Kids Act -Chapter 12 Physical activity and CPR requirements of the Healthy Kids Act deadline to submit comments 2/3/09 also ICN on same date. Chapter 58 Nutritional content standards requirement of the Healthy Kids Act deadline to submit comments 2/3/09 also ICN on same date.

Inhaler transition

Albuterol inhalers containing CFC propellants - used by many living with respiratory conditions were discontinued December 31, 2008. Those using the new inhalers need to know about the HFA propellant, how to use, why the change is happening, and what to do next. Information sheets at http://www.aanma.org/pharmacy/ph_mdi_transition.htm and <http://www.thoracic.org/sections/education/patient-education/patient-information-series/resources/en/patient-inhaler.pdf>

Iowa Teacher Quality Program and the School Nurse: Evaluation and Professional Development

The Iowa Teacher Quality Program (TQP), Iowa Code 284, enhances the learning, achievement, and performance of all students through promotion of quality education. The program contains strategies including evaluation and professional development to increase student achievement. The definition of teacher includes an individual holding a statement of professional recognition (SPR) under 282 Iowa Administrative Code (IAC) 14.140(11) b. and employed in a nonadministrative position by a school district or area education agency under Iowa Code 279.13. A school nurse who holds a SPR from the Iowa Board of Educational Examiners including a license to practice as a registered nurse (RN) from the Iowa Board of Nursing, and a baccalaureate degree meets the definition and of “teacher” for the purpose of the Teacher Quality legislation and is eligible for certain aspects of the TQP. These aspects include teacher quality compensation, evaluation, and professional development. The Comprehensive School Improvement Plan is the foundation of the evaluation and professional development. At a minimum, evaluation and professional development, for the eligible nurse, align with the employing agency plans. The plans must align with the Iowa teaching standards, the student achievement goals of the attendance center and the employing agency, and the nurse’s needs.

The eligible school nurse uses the 8 Iowa Teacher Standards and 42 Criteria (281 IAC 83) to develop their evaluation and personal professional development plans. The school nurse may address, in the supporting evidence, their professional nursing standards from the National Association of School Nurses (NASN) and American Nurses Association (ANA) *School Nursing: Scope and Standards of Practice*. The *School Nursing: Scope and Standards of Practice* align and reinforce the Iowa teacher standards and criteria.

Comprehensive evaluation plan. The eligible nurse follows the agency developed evaluation process that meets the Iowa Code to improve student achievement. The evaluation determines if the nurse’s practice meets the agency expectations. The plan:

- Uses the Iowa teaching standards and criteria;
- Is reviewed once every three years by the licensed evaluator conducting the evaluation process;
- Includes, at a minimum: observation; review of progress on the Iowa teaching standards; additional standards and criteria if established; review of the individual professional development plan implementation; and supporting documentation from other evaluators, teachers, nurses, parents, and students;
- Provides for the individual professional development plans and;
- Includes provisions for an assistance program.
(281 IAC 83.5(3))

The eligible school nurse accomplishes this through continuous skill improvement, documenting or gathering evidence related to the Iowa standards, agency plans, and identifying areas of needed improvement.

Individual professional development plan. The purpose of the individual professional development plan is to increase student achievement through individual and group professional development. The plan:

- Aligns to the fullest extent possible with the district professional development plan;
- Bases the goals on the relevant Iowa teaching standards that support the student achievement goals of the attendance center and agency, as appropriate, as outlined in the comprehensive school improvement plan and the needs of the individual, at a minimum;
- Goes beyond the goals required under the attendance center professional development plan;
- Meets the learning opportunity goals of the individual plan and includes individual study and collaborative study of agency-determined content, to the extent possible;
- Is developed by the individual in collaboration with the evaluator and;
- Is reviewed and refined in an annual meeting between the evaluator and the individual.
(281 IAC 83.6(1))

Nurses may consider professional development that relates to the health and well-being of students and what school nurses need to know and be able to do to contribute to student learning. Learning opportunities for nurses are research-based individual and collaborative study.

The TQP does not require continuing education credits. If the nurse participates in professional nursing continuing education that offers continuing education credits, the content must align with the goals set in their Individual Professional Development Plan to consider it professional growth for the purposes of complying with the TQP.

References

NASN and ANA. (2005). *School Nursing: Scope and Standards of Practice*. Silver Springs, MD: American Nurses Association.

Iowa Administrative Code. (current). 281 IAC 83, *Iowa teaching standards and criteria*. Retrieved September 17, 2008 from http://search.legis.state.ia.us/NXT/gateway.dll/IowaState/iac_2/a281/iac_a281_c83v1.pdf and 282 IAC 14.140(11) b. *Requirements for school nurse statement of professional recognition*. Retrieved September 17, 2008, from http://search.legis.state.ia.us/NXT/gateway.dill/IowaState/iac_2/a282/iac_a282_c14v12.pdf

Iowa Board of Educational Examiners. (current). *School Nurse SPR*. Retrieved September 17, 2008, from <http://www.boee.iowa.gov/forms/SPRNurse.doc>

Iowa Code. (current). 279.13, *Contracts*. Retrieved September 15, 2008, from <http://coolice.legis.state.ia.us/Cool-ICE/default.asp?category=billinfo&service=IowaCode> and 284, *Iowa teaching standards and criteria*. Retrieved September 17, 2008, from <http://coolice.legis.state.ia.us/Cool-ICE/default.asp?category=billinfo&service=IowaCode>

Iowa Department of Education. (2008). *Evaluation form and samples* Retrieved September 17, 2008, from <http://www.iowa.gov/educate/content/view/538/1195/>

Iowa Department of Education. (2008). *Individual Teacher Professional Development Plan, Samples 1, 2, and 3*. Retrieved September 17, 2008, from <http://www.iowa.gov/educate/content/view/296/1187/>

Iowa Department of Education. (July 23, 2008). *Memo to Iowa Administrators: Guidance on House File 2679*. I.

"Clarification the Iowa Teaching Standards and Alternative Criteria. The alternative criteria are not to be used in the evaluation process for district staff who meet the criteria of teacher. Nurses, guidance counselors, and other non-classroom teachers must be evaluated using the Iowa Teaching Standards and Criteria adopted in 2002. This corrects earlier guidance by the Department." Kevin Fangman, Administrator, Division of PK-12 Education <http://www.iowa.gov/educate/content/view/1531/1693> 9/18/08 Iowa Department of Education

CORPORAL PUNISHMENT BAN; RESTRAINT; PHYSICAL CONFINEMENT AND DETENTION

281 Iowa Administrative Code (IAC) Chapter 103

This IAC details allowable parameters when a student is physically confined or detained. The purpose of the chapter is to define and exemplify generally the limitations placed on employees of public schools, accredited nonpublic schools, and area education agencies in applying physical contact or force to enrolled students, and to require that any such force or contact is reasonable and necessary under the circumstances. Portions of the law follow.

"281—103.7(256B,280) If a public school, accredited nonpublic school, or area education agency seeks to use physical restraint or physical confinement and detention, or both, it shall do so in compliance with the minimum requirements of this chapter. The board of a public school, accredited nonpublic school, or area education agency may adopt policies and procedures regarding the use of physical restraint or physical confinement and detention, or both, that exceed the minimum requirements contained in this chapter. Additional minimum mandatory procedures are as follows:

1. Physical restraint and physical confinement and detention shall not be used as discipline for minor infractions and may be used only after other disciplinary techniques have been attempted, if reasonable under the circumstances;
2. All school employees, before using physical restraint or physical confinement and detention, shall receive adequate and periodic training, which shall be documented and which shall include training on these rules and the employer's policies and procedures; positive behavior interventions and supports; disciplinary alternatives to seclusion and restraint; crisis prevention, crisis intervention, and crisis de-escalation techniques; student and staff debriefing; and the safe and effective use of physical restraint and physical confinement and detention;
3. Parents and students are notified at least annually of the provisions of this chapter and of any additional policies and procedures of the public school, accredited nonpublic school, or area education agency on physical restraint and physical confinement and detention;
4. Any physical restraint shall be reasonable and necessary in duration, in light of the provisions of this chapter;
5. If a student is subjected to physical restraint or physical confinement and detention, the public school, accredited nonpublic school, or area education agency shall maintain documentation for each such occurrence, which shall contain at least the following information:
 - The names of the student and the employees involved in the restraint, confinement, or detention, as well as the administrator who authorizes any additional periods of confinement or detention pursuant to numbered paragraph "5" of rule 103.6(256B,280);
 - The date, time, and duration of the occurrence;
 - The actions of the student before, during, and after the occurrence;
 - The actions of the employees involved in the occurrence before, during, and after the occurrence, including student and staff debriefing;
 - The alternatives to physical restraint or physical confinement and detention attempted before the occurrence;
 - A description of any injuries (whether to the student or others) and any property damage;
 - A description of future approaches to the student's behavior;
6. The public school, accredited nonpublic school, or area education agency shall attempt to notify a child's parent or guardian on the same day the child is subjected to physical restraint or physical confinement and detention; and
7. The student's parent or guardian must be provided a written copy of the documentation required by numbered paragraph "5" of this rule, which shall be postmarked within three school days of the occurrence. The student's parent or guardian may elect, in writing, to receive the communication required by this numbered paragraph via electronic mail or facsimile transmission."

Access entire law at <http://www.legis.state.ia.us/aspx/ACODocs/DOCS/12-31-2008.281.103.pdf>

<http://www.legis.state.ia.us/aspx/ACODocs/DOCS/12-31-2008.281.103.rtf>

<http://www.legis.state.ia.us/aspx/ACODocs/ruleList.aspx?pubDate=12-31-2008&agency=281&chapter=103>

ICN session, Thursday January 15, 2009, 3:30 to 5:00 p.m. Site information at <http://www.iowa.gov/educate/> January 2009 School Leader Update, last page-New Restraint/Physical Confinement & Detention Rules Training.

Resources

Covering kids and families in Iowa national health access initiative for low-income, uninsured families
<http://www.idph.state.ia.us/coveringkids/default.asp>

Immunization Action Coalition is a CDC funded program providing educational materials regarding immunization. List of supplies needed to conduct an immunization clinic <http://www.immunize.org/catg.d/p3046chk.pdf>

Maintaining the cold chain during transport <http://www.immunize.org/catg.d/p3049.pdf>

Medical management of vaccine reactions in adults, children, and teens <http://www.immunize.org/catg.d/p3082.pdf> and <http://www.immunize.org/catg.d/p3082a.pdf>

Iowa Code and Iowa Administrative Code <http://www.legis.state.ia.us/>

Iowa Compass Disability information and referral to connect people to programs 1-800-779-2001 www.iowacompass.org

Make a Wish Foundation of Iowa grants wishes of children age 2 ½ and under 18 with a life-threatening medical condition. Contact Joyce Baird, Urbandale, IA phone 515 334-2636.

National Organization for Rare Disorders (NORD) rare disease database, information on over 1,000 diseases, left column, enter disease search <http://www.rarediseases.org/>

School Leader Update <http://www.iowa.gov/educate/> Monthly publication containing information and resources for school leaders.

Student Health Records and FERPA <http://www.ed.gov/policy/gen/guid/fpco/ferpa/index.html>

<http://www.ed.gov/policy/gen/guid/fpco/doc/ferpa-hippa-guidance.pdf>

Joint Guidance on the Application of the Family Educational Rights and Privacy Act (FERPA) and the Health Insurance Portability and Accountability Act of 1996 (HIPAA) To Student Health Records, November 2008. Guidance from the Federal ED and HHS on the intersection of HIPAA and FERPA. Bottom line: FERPA trumps HIPAA.

New Requirement for Posting on the Iowa School Nurse Mailing List

Notice: Please include your school district, contact phone number, and one resource you have located regarding your question/comment when posting a question on the Iowa School Nurse mailing list. Mailing list information follows.

Iowa School Nurse Mailing List

The Iowa School Nurse (iowasn) Mailing List is a communication tool for Iowa School Nurses. The Mailing List is the Department of Education link with school nurses allowing the Department and Nurses to communicate via email messages. Iowa School Nurses can use the mailing list to request information, share news and initiatives, and receive news. School nurses joining the iowasn mailing list will add their email address to the online school nurse mailing list and can send messages to all members at any time. When messages are posted, the message automatically goes to everyone on the list.

To join the mailing list, send a blank email to:

Join-iowasn@lists.ed.iowa.gov

To cancel the mailing list, send a blank email to:

leave-iowasn@lists.ed.iowa.gov

To send a message to other school nurses on the list, type title in subject, message in the body, and send to:

iowasn@lists.ed.iowa.gov

No other commands are necessary and joining is free.

When sending a message please include your school, address, phone number, and a resource you found for your question/comment.

List members request the person who asks a question summarize responses then post the summary on the list.

Please contact Charlotte Burt, Consultant with questions and comments email charlotte.burt@iowa.gov phone 515 281 5327 1/5/09